

# Town of Fort Myers Beach Parks and Recreation Department

## November & December 2015 Newsletter





### The Town of Fort Myers Beach Parks and Recreation Department

#### Meet the Staff

Bay Oaks Recreational Campus: (239) 765-4222 **Newton Park:** (239) 765-0865 (Mound House)

**Beach Pool:** (239) 463-5759

Parks & Recreation Director: Randy Norton **Recreation Coordinator:** Sarah Mayher **Recreation Coordinator:** Adam Leicht **Recreation Coordinator:** Kyle Karczewski

All Parks and Recreation Staff is CDC Concussion Safety. CPR, AED, and Emergency Management Certified.



#### Table of Contents **Program Pages Special Events** 1-2 Youth & Teen Programs 3-7 **Adult Programs** 8-10 **Senior Programs** 11-13 Aquatics 14-16

#### Bay Oaks & Pool Closures

November 11th November 26th&27th. December 24th&25th. December 31st.

**Pool Only:** Tuesday & Thursdays in November.

Full month of December.

#### **Bay Oaks Recreational Campus Advisory Board (BORCAB)**

**Members:** Betty Simpson (chair)

Rae Sprole (vice-chair)
Becky Bodnar Tom Myers David Anderson Janna Holmes Vacant

Town Council Liaison: Council Member Summer Stockton

**Upcoming Meetings:** November 5th.

December 3rd.



### Special Events



#### Fort Myers Beach Community Yard Sale

One man's trash is another man's treasure!



On Saturday December 12th we will provide the yard and customers, you provide the sales! This will be a giant community garage sale for those who have items to sell, but want to avoid the hassle of hosting a garage sale. Interested in selling? The cost for a table is only \$10 for the entire day. Spots are limited so reserve yours today

When: Saturday, December 12th. 8:00am-Noon.

Fee: \$10member.

#### **Famers Market**

Starting in November, we will be hosting the Fort Myers Beach Farmer's Market from 7:30am-11:30am every Friday until the end of April. Vendors will be set up in the parking lot of the Fort Myers Beach Pool.

- ●Fresh Fruits ●Locally Grown Vegetables
- Kettle Popcorn
   Assorted Jams

Every Friday November-April 7:30am-11:30am.

Interested in being a vendor? Contact Kyle at 239-765-4222 or kyle@fortmyersbeachfl.gov



### Candy Cane Hunt & Ugly Sweater Christmas Party

Come have some holiday fun with us for our annual Christmas Party. There will be Christmas cookie decorating, hot chocolate, Christmas crafts and just like last year, a Candy Cane Hunt. We place candy canes with raffle tickets on them on the baseball fields and then raffle off prizes. Kids will be split into different age groups. This year we will also have an adult ugly sweater party, with Best Buy gift cards given out to first and second place!

When: December 18th from 6:30pm-9pm.

Fee: No Cost



### Teen & Youth Programs



#### **Sky Zone Late Jump**

Skyzone has late jump nights every Saturday from 9pm until midnight. Come jump with us from 9-11pm. The van will be leaving at 8pm for the trip and returning around midnight.

When: Saturday, November 28th.

Fee: \$17/Members, \$20/Non-Member.



#### Heat vs 76ers



Come watch the Miami Heat take on the Philadephia 76ers. Philadelphia has some of the best young talent in the NBA, while the Heat have a revamped roster with Duke standout Justice Winslow and Amar'e Stoudamire new in town.

When: Saturday, November 21st. Leaving at 4pm and returning around midnight.

Fee: \$35/members, \$40/non-members.

#### Ice Skating at Germain Arena

Never ice skated before? No problem. Come with us to Germain Arena for open skating. This price includes 2 hours of skating, a slice of pizza and a beverage. The van will leave for this trip at 7:30pm and return around 11.

When: Saturday, December 12th.

Fee: \$12/ Members, \$15/Non-Members.



#### **Video Game Tournament**

Think you can game? Come down to Bay Oaks and play in the video game tournament to see who is the ultimate gamer.

A \$20 Best Buy gift card is awarded to the ultimate gamer of the night.

Games: Madden '16 Call of Duty.

When: Friday, December 4th 7pm—10pm.

Fee: \$4/members, \$5/non-members.

#### City of Palms Classic at Bishop Verot

The City of Palms Classic is the premier basketball tournament in the Country, an it's right here in Fort Myers! NBA players such as Kevin Love, Andrew Wiggins, John Wall once participated in the tournament and many of the top teams in the country come to SW Florida to compete in this high school showdown.

When: Sunday, December 19th.

Fee: \$17/Members, \$20/Non-Members.

### Teen & Youth Programs



#### **Fun Days**

When school is out make it a Fun Day at Bay Oaks. Fun Days are open from 7:30am-6pm, and open to kids grades K-8. Fun Days offer a wide variety of activities so you know you won't get bored . All participants are asked to bring a lunch and arrive before 9am. Registration forms can be found online at www.fortmyerbeachfl.gov or by stopping by the Rec Center

**Registration Deadline**: Preregistration is recommended.

When: Wednesday, November 25th.

Monday, December 21st..

Tuesday, December 22nd.

Wednesday, December 23rd..

Monday, December 28th.

Tuesday, December 29th.

Wednesday, December 30th.

Fee: \$15/Member. \$20/Non-Member.



**Spring Semester** January 25th-June 10th

\$100/ Bay Oaks Member per semester. \$135/Non-Member per semester.

Club Rec is open to all students grade K-5.

Club Rec operates on all days that
school is in session and not a

Town of Fort Myers Beach holiday.



Join the Bay Oaks Youth Program on a Saturday afternoon to watch the newly released movie, Peanuts the Movie! In Peanuts, a 3D, CGI animated comedic adventure, Snoopy, the world's most lovable beagle embarks upon his greatest mission as he and his team take to the skies to pursue their archnemesis, while his best pal Charlie Brown begins his own epic quest back home. Stay tuned for movie time & location!

**Registration Deadline:** Advance registration is required.

When: Saturday, November 14th.

Fee: \$13/Member. \$17/Non-Member.





### Teen & Youth Programs



# Youth Flag Football

Age groups: 5-7, 8-12. Cost: \$25/Player.

Games will be played Tuesday evenings and Saturday mornings beginning in January.

We are also looking for volunteer coaches so if you or someone you know may be interested, please contact us ASAP!

#### **Toddler Tuesdays**

This is a drop in program that allows parents and their little's a chance to explore and play in a fun and safe environment. Play with supplied toys, bring your own, color, read or explore a new project. Any parents interested in volunteering or coordinating activities please contact Sarah @ Bay Oaks. Toddler Tuesday is now held on the *FIRST TUESDAY OF THE MONTH*.

When: Tuesday, November 3rd. Tuesday, December 1st. 10:00am-11:00am.

Fee: Free/Member. \$4/Non-Member.

#### Sarah Mayher

Program Coordinator 239-765-4222 Sarah@FortMyersBeachfl.gov www.BayOaksRec.org

#### **Parents Night Out**

PNO offers a night out for parents while your children are being safely supervised in a fun and exciting environment at Bay Oaks. Check out that restaurant you've heard so much about, catch a movie, enjoy a romantic evening together, we will take care of the rest. PNO is from 7pm-11pm

When: Friday, November 20th. Friday, December 18th.

Fee: \$10/Member. \$12/Non-Member.

#### Santa's Calling

Complete the following pages to receive your very own call from Santa! All forms need to be received by Wednesday, December 16th. If you have any questions please contact Sarah Mayher.

**When:** Thursday, December 17th. Friday, December 18th.

Fee: Free.



#### SANTA'S CALLING

Receive a live, personalized, truly believable phone call from Santa. This is an experience that will turn even skeptics into believers! With your help, Santa knows if your child has been naughty or nice; what their pet's name is; and, so much more! Make this a truly magical and memorable experience, by completing the questionnaire below. PLEASE PRINT.

All calls will be made from December 17th & 18th from 6-8pm. We will make 3 attempts to call on the scheduled day.

Each call is approximately 10 minutes. Santa and Mrs. Claus will be checking their list and calling from the North Pole. The more information you provide, the more Santa will have to speak about with your child. Santa's elves and reindeer suggest that you consider videotaping the call.

***************************************
*Child's Name:
*Boy:or Girl:
*Child's Age:
Phone Number to reach child
*Name of Siblings and Age:
Boy(s)
Girl(s)
*Do both parents live at home? Yes No Lives with
*First Name of Parents: Mom Dad
*Name of School, Day Care or Pre-school attending:
*Child's Grade:Teacher's Name:
*Favorite/Best Subjects in School:
*List Pets: Name & Kind
*Hobbies/Sports/Activities:

*Special Awards/Significant Milestones (sci	-			•		
*Needs to work on (picking up clothes, etc	cc.):					
*Favorite Games/Movie/TV Shows:						
*Favorite Color:						
*What does your child want for Christmas	s?					
*Has child written a letter to Santa this ye						
*Did child leave cookies for Santa or carro	ots for reindeer	last year?				
Yes NoWhat was left?	?					
*General Message/What else do you want		-				
******************						*****
Mail this form to the Tow Department, 2525 Estero Bay Oaks , E-mail or FAX	Blvd., Fort	Myers	Beach,	FL 3393	31, drop o	ff at
	n Mayher,					
The more information you provide, the m	re Santa will I	************ nave to sp	eak about w	************* vith your ch	****** ********** ild.	*****
Elf Use Only: Time called						
Call Completed: Yes No						

Information supplied on this form may be subject to disclosure under Florida Public Records laws. The Town of Fort Myers Beach will assert any applicable statutory exemptions to prevent personal information from being disclosed, but the Town shall not be held liable for any costs or losses of any kind caused by any court-ordered disclosure of personal information.

### Adult Programs



#### **Fitness Room**

The Al Oerter Weight Room at Bay Oaks Recreation Center is the largest public workout facility on Fort Myers Beach. It offers all the exercise equipment you will need to achieve your fitness and wellness goals. The namesake Al Oerter is a four-time United States Olympic champion in the discus throw and was a Fort Myers Beach Resident who was vey passionate and spent a lot of time at Bay Oaks before passing away in 2007.

#### The fitness room offers:

8 Piece weight circuit—Chest Press, Shoulder Press, Pec/Delt Fly, Abdominal Crunch, Lat/Tricep Pull-down, Bicep Curl, Leg Extension and Leg Curl.

- 3 Treadmills
- 1 Recumbent Bike
- 1 Stair-Stepper
- 2 Ellipticals

Smith Machine

Free Weight dumbbells, bars and attachments

50 inch flat screen T.V.

Fee: Free/Member. \$4/Non-Member.

#### **Fitness Room Hours:**

Monday - Friday: 7:30am - 9:00pm

Saturday: 10:00am - 9:00pm

Sunday: Closed

















#### **Free Fitness Center Orientation**

Just starting to learn how to workout? No problem! Bay Oaks offers a "free" weight room orientation to all members. In this class you will learn how to properly use each piece of equipment in the Fitness Center. The staff member leading the class will also give you tips and tricks on how to workout different parts of your body. Pre-registration is required., Call (239) 765-4222.

When: Mondays at 11:00am.

Fee: Free/Member. \$4/Non-Member.

### Adult Programs



#### No charge cards accepted for fitness classes, cash only.

#### **Body Sculpt**

A great full body workout set to music that incorporates both bodyweight movements and light dumbbells to improve strength and fitness. Exercises are modifiable so participants can work at the level best suited to them. Whether you are new to strength training, or looking to increase the intensity for a good burn, there is something for everyone. Compare yourself only to the person you were yesterday!

When: Tuesday & Thursday at 9:00am.

**Fee:** Single Class- \$8/Member. \$10/Non-Member. 10 Class Punch Card- \$80/Member. \$100/Non-Member.

#### **Boot Camp**

Boot Camp fitness is a full body workout designed to increase stamina, gain muscle and improve overall health. Workouts will be mixed with cardio and weight elements targeting multiple muscle groups at a time. Instructed by highly motivating trainers, come get a great workout in a fun and friendly environment.

When: Tuesday & Thursday at 6:00pm.

**Fee:** Single Class- \$8/Member. \$10/Non-Member. 10 Class Punch Card- \$80/Member. \$100/Non-Member.

#### **Aerobics**

With this lightweight, low impact aerobics class you will not only get into shape but have a great time while doing so. Participants will experience high repetition exercises using light hand weights during a total body work out. Mats, weights, and steps are all provided if needed.

When: Monday, Wednesday at Friday at 8:30am.

**Fee:** Single Class- \$7/Member. \$9/Non-Member. 12 Class Punch Card- \$48/Member. \$60/Non-Member.

#### Yoga

Come experience the relaxation and fitness benefits of Yoga at Bay Oaks. No experience necessary. Learn the postures and techniques in a fun and friendly environment. Mats and hand weights are provided if needed.

When: Tuesday & Thursday at 9:00am.

**Fee:** Single Class- \$10/Member. \$12/Non-Member. 10 Class Punch Card- \$90/Member. \$110/Non-Member.



#### **Upcoming Classes**

The following classes will be beginning this winter. Please stay in touch for more details to come!

Senior Fitness—December Pilates—December

**Spin Cycle Fitness**– December **Abs Toner**– December

### Adult Programs



#### **Open Inline Hockey**

A new program to Bay Oaks, Open Inline Hockey will be held for adults 18 and over on Tuesday at 6:00pm and kids under 18 on Friday at 6:00pm. Bring your own skates. Helmets and sticks are required. Some are available for loan but bringing your own is welcomed. It is played outside so if weather is in question please contact one of our staff members at (239) 765-4222 for an update on the playing status for that night.

When: Adults-Tuesday at 6:00pm. Kids-Friday at 6:00pm.

Fee: Free/Members. \$4/Non-Members.

#### **Co-Ed Softball League**

This fall, Bay Oaks will be hosting our Adult Co-Ed Softball League. The league is based on modified co-ed rules that only requires a 3 female minimum per team. Each team will receive custom team jerseys for each player and an 8 game regular season followed by playoffs.

When: Wednesdays, 1st Game starting @ 6:00pm

Fee: \$450/Team.

**Season Begins**: 11/25/15.

Registration Ends: 11/12/15.

#### 3 on 3 Basketball Tournament

This winter, compete in one of the areas only 3 on 3 basketball tournaments. This one day tournament will be packed with action as you and your team will play for the title of "3 on 3 Kings of the Beach." All teams are guaranteed at least 3 group play games followed by an opportunity to play in the championship knockout bracket. Teams may have a maximum of 5 players on their roster. Must be 18 years or older to participate.

When: Saturday, 1/9/16.

Games begin at 10:00.a.m.

All players must be present by 9:30 a.m.

Fee: \$75/Team (up to 5 players).

**Registration Ends**: 12/30/15.

#### **Open Volleyball**

Bay Oaks offers open volleyball on Tuesday nights. Come and join us for a few games of friendly competition. All skill levels and abilities are welcome. There is no registration required.

When: Tuesday 6:00pm-9:00pm.

**Fee**: Free/Member. \$4/Non-Member.

#### **Open Basketball**

Enjoy some fun, friendly basketball on one of our open basketball nights! Come alone and join up with other players or bring a group of friends. Everyone is welcome!

When: Tuesday & Thursday 7:00pm - 9:00pm Friday 6:00pm - 9:00pm Saturday 10:00am - 9:00pm

Fee: Free/Member. \$4/Non-Member.

#### Wiffleball League

Join one of the area's most unique athletic leagues. Bay Oaks Rec Center's Wiffleball League is a smaller version of baseball, played 4 on 4 on a fully custom indoor stadium. Each team will receive custom team jerseys for each player and an equipment package to practice with. There will be a 10 game regular season followed by playoffs. Must be 16 years of age to participate.

When: Wednesdays, 1st Game starting @ 6:00pm.

Fee: \$150/Team.

Season Begins: 11/18/15.

Registration Ends: 11/4/15.

### Senior Programs



#### **Pickleball**

Pickleball is a tennis-like game that is played indoors with paddles. This low-impact sport is perfect for seniors. Come grab a paddle and check it out!

When: M,W,F 10am-1pm. Saturdays, 10:30am-12pm.

Fee: \$1/Members. \$5/Non-Member.



Join us every Tuesday as we prepare your courts and a cup of coffee for you on the Bay Oaks baseball field. The BEST grass surface for BOCCE on the island. This is a "drop-in" activity and requires no pre-registration.

When: Every Tuesday from 9am-noon.

Fee: Free.

#### Mahjong

Consider Bay Oaks for some Mahjong. The game is played with 4 people and a set of 144 tiles based on Chinese characters and symbols. A volunteer will be there to teach the game to newcomers. Please call for start date.

When: Every Friday, 1pm-4pm.

Fee: Free/Members. \$4/Non-Members.

#### **Monthly Potluck**

#### Potluck is at *Newton Park*.

On *November 4th and December 2nd*, let's plan to come together for a time of socializing and some of the best home cooking around! We'll provide the fried chicken, you bring your favorite dish. The Town always provides all the place settings and drinks as well. Lunch will be served at noon.

#### **Dominos and Activities Day**

Make sure to stop by Bay Oaks during the week to join in a game of Dominos or participate in our Activities Day program. Snacks and refreshments will be available.

When: <u>Dominos</u>: Mondays & Thursdays at 12pm
<u>Activities Day</u>: Tuesday @ 10am.

Fee: Free/Members. \$4/Non-Members.

#### **Out to Lunch Bunch**

The Out to Lunch Bunch usually meets the 4th Wednesday of each month to enjoy outings at some of the finest local establishments. Come with us and make some new friends next trip! Van will leave at 11:15am for these trips.

When: November 18th, Big Hickory Fishing Nook Marina. (Will meet the 3rd Wednesday due to the BOSS Thanksgiving Feast).

December 23rd, SS Hookers.

Fee: \$2/Member. \$3/Non-Member.

### Senior Programs



#### Southwest Florida Symphony Series Holiday Pops

The Southwest Florida Symphony's muchanticipated Holiday Pops celebrates the joyous holidays of December. Maestro Nir Kabaretti conducts the symphony's Holidays in Paradise, featuring beautiful pieces inspired by Hanukkah, and sing-along tunes like "Here Comes Santa Claus," "I'm Dreaming of a White Christmas," and other traditional seasonal favorites.

When: Monday, December 21st. Van Leaves @ 6pm, show starts @ 7:30p.m.

Fee: \$35/Members. \$40/Non-Members.

#### **Bike Trip**

Load up the bikes and head out with us to various locations around Southwest Florida for a biking adventure. All riders must have a bike and helmet. We will transport you and your bicycle or feel free to meet us at our destination. We will be leaving Bay Oaks at 9am.

When: Tuesday, November 10th. Lakes Park, Fort Myers.

Thursday, December 3rd. Ding Darling, Sanibel.

Fee: \$10/Members. \$12/Non-Members.





#### **Kayaking Trips**

Kayaking is always a great time and very affordable at the Bay Oaks Rec Center. For every trip, be sure to bring sunscreen, water, and pack a lunch (unless otherwise directed). Inexperienced at kayaking? No problem. All of our kayak are tandem and we will match you with an experienced paddler. *All trips will depart at 9am*.

When: Friday, November 13th. Koreshan State Park, Estero.

Monday, November 23rd. Black Island, Lovers Key.

Tuesday, December 8th. Imperial River, Bonita Springs.

Thursday, December 17th. Lovers Key, Fort Myers Beach.

Fee: \$25/Members. \$30/Non-Members.

### Senior Programs



#### **Thanksgiving Feast**

Let's celebrate the season on Wednesday, November 25th beginning at 11:30am at Bay Oaks with a Thanksgiving Feast. Please give our friends a call that have been missing from our gatherings lately and invite them to join. Please call Bay Oaks if you need ideas on what to bring-we will be keeping a "food list" so we know what's coming!

When: Wednesday, November 25th.

#### Sanibel Historic Village and Lunch

The story of Sanibel is told from the Calusa and Spanish eras to the early pioneer families who settled on the island in the 1800s. It tells of warriors, adventures, fishermen, farmers and proprietors. Seven historic buildings were moved from their original island sites to the Historical Village. Each building has been restored to its original state. Volunteer docents share the stories of Sanibel. We will be leaving Bay Oaks at 9:30am. On the way back we will stop for lunch at Skip One Seafood so be sure to bring extra cash.

When: Thursday, December 10th.

Fee: \$13/Members. \$15/Non-Members.





### **Broadway Palm Dinner Theater It's a Magical Life**

Frank Capra's classic holiday film is brought to vibrant theatrical life in an uplifting musical that is perfect for the entire family. The story of George Bailey and his wonderful life remains a timeless tale of dreams, cynicism and the power of love that exhilarates the mind and heart and celebrates the kindness in us all. We will be leaving at 11:15pm. The show will begin at 1:15pm with lunch served before hand.

Registration Deadline: Tuesday, December 1st.

When: Wednesday, December 16th.

Fee: \$53/Members. \$58/Non-Members.

#### **BOSS Social and Duplicate Bridge**

Play social Bridge at Chapel by the Sea every Monday and Thursday from 1pm-4pm and duplicate bridge on Tuesdays from 6pm-9pm when we have enough participants signed up.

Fee: Donation/Members. \$4/Non-Members.

### Beach Pool



#### **Pool Passes and Memberships**

Come and enjoy Fort Myers Beach's only community pool for the day. Spend time going down the waterslide, playing on our Obstacle Course, playing pool basketball, or just swimming around our wonderful lap pool. There is something for everyone.

#### **Individual Pool Memberships**

Adult Day Pass: \$4/Member. \$5/Non-Member Child Day Pass: \$2/Member. \$3/Non-Member Annual Pass: \$50/Member. \$75/Non-Member Seasonal Pass: \$30/Member. \$40/Non-Member

#### **Family Pool Memberships**

Annual Pass: \$100/Member. \$125/Non-Member Seasonal Pass: \$55/Member. \$65/Non-Member

#### **Aqua Jogging**

Aqua Jogging is a dynamic exercise that utilizes the pool for more resistance and a harder workout. It is a nonstop full body workout that transitions between jogging and stationed exercise focusing on different muscle groups.

When: Saturday. 9am-10am.

Fee: \$4/Members. \$5/Non-Members.

#### 100 Mile Club

New to the Beach Pool is the 100 mile club. This club is for Member Lap Swimmers. Each time you come to the pool we will record your total distance and keep track of it throughout the year. At the end of the year if you reached a total distance of 100 miles you will receive a t-shirt and your name and picture on the 100 Mile Board. There will be monthly postings and updates on everyone's total distance.



#### **Water Aerobics**

Water Aerobics consists of large rhythmic movements, performed in water to increase heart rate and improve cardiovascular fitness. The resistance of water adds toning and strengthening to major muscle groups, while the water decreases impact to the joints. There is bouncing and jumping in the class.

When: Monday, Wednesday and Friday. 9am-10am.

Fee: \$4/ Members. \$5/Non-Members.



#### **Swim Club**

Swim Club is back at the FMB Pool for kids that might be interested in swimming at the next level. From the Freestyle stroke to the hard but effective Butterfly stroke, you will be a swimming machine by the time you are done here. Just remember to bring Goggles and a towel.

When: Saturdays, 10am-11am

Fee: \$20/school semester

#### **Pool Hours** November

Sunday: Noon-6pm Thursday: CLOSED
Monday: 10am-6pm Friday: 10am-6pm
Tuesday: CLOSED Saturday:10am-6pm
Wednesday: 10am-6pm Pool clears at 5:45pm

**Fort Myers Beach Community Pool** 

2600 Oak Street Fort Myers Beach, FL 33931 (239) 463-5759

### Beach Pool



### November 2015

SUN	MON	TUE	WED	THU	FRI	SAT
	cle Course will l ly Nights and th mily Night.					4 Aqua Jogging 9-10am
1Senior Swim 10-12 pm	2 Water Aerobics 9-10am	3	4 Water Aerobics 9-10am	5	6 Water Aerobics 9-10am	7 Swim Club 10-11am Aqua Jogging 9-10am
8Senior Swim 10-12pm	9 Water Aerobics 9-10am	10	11 Water Aerobics 9-10am	12	13 Water Aerobics 9-10am	14 Swim Club 10-11am Aqua Jogging 9-10am
15 Senior Swim 10-12pm	16 Water Aerobics 9-10am	17	18 Water Aerobics 9-10am	19	20 Water Aerobics 9-10am	21 Swim Club 10-11am Aqua Jogging 9-10am
22Senior Swim 10-12pm	23 Water Aerobics 9-10am	24	25 Water Aerobics 9-10am	26	27	28 Swim Club 10-11am Aqua Jogging 9-10am

### December 2015

SUN	MON	TUE	WED	THU	FRI	SAT
December	e CLOSED the mo for repairs. But vool Swim Club		2	3	4 Swim Club 2:30-3:30	5
6	7	8	9	10	11 Swim Club 2:30-3:30	12
13	14	15	16	17	18 Swim Club 2:30-3:30	19
20	21	22	23	24	25	26
27	28	29	30	31		

### Beach Pool





#### American Red Cross Swim Lessons

Fort Myers Beach Community Pool



Session	Days of Week	Session Dates		
Weekday Session 1	Monday and Wednesday	October 5 <sup>th</sup> -October 28 <sup>th</sup>		
Weekday Session 2	Monday and Wednesday	November 9 <sup>th</sup> -December 2 <sup>nd</sup>		
Weekday Session 3	Monday and Wednesday	January 4 <sup>th</sup> -January 27 <sup>th</sup>		
Weekday Session 4	Monday and Wednesday	February 8 <sup>th</sup> -March 2 <sup>nd</sup>		
Weekday Session 5	Monday and Wednesday	March 14 <sup>th</sup> -April 6 <sup>th</sup>		
Level	Weekday Times	Fees		
Preschool Level 1-2	2:40pm-3:20pm	\$20.00 per child		
Learn to Swim Level 1	3:20pm-4:00pm	\$20.00 per child		
Learn to Swim Level 2-3	3:20pm-4:00pm	\$20.00 per child		

#### Weekday Classes consist of eight 30 minute classes.

Weekday classes are group classes with no more than 6 kids in each level. This is a good way for your child to learn how to swim in a group setting.

**Private Swim Lessons:** This is a good way to get your child one on one time with one of our swim instructors. Consist of 8 sessions that are 30 minutes long for a total of 4 hours. Cost is \$40 per child. To reserve a day and time just call 239-463-5759 or come in and register.

#### **Swim Lesson Descriptions**

#### **Parent and Child Aquatics**

Parents and children learn together to increase children's comfort in the water and build a foundation of basic aquatic and water safety skills. This level is designed for children ages 6 months to 3 years of age and must be accompanied in the water by an adult.

#### **Preschool Level One**

Orients the children to the aquatic environment and helps them gain basic aquatic skills. Skills taught in this level are blowing bubbles, submerging head and floating. This level is designed for children ages 3-5.

#### **Preschool Level Two**

Helps children gain greater independence in their skills and develop more comfort in and around water. Skills taught in this level include glides, using arms on front and back and treading water. This level is designed for children ages 3-5.

#### Learn to Swim Level One

Helps participants feel comfortable in the water. Skills taught in this level include entering and exiting the water, fully submerging the head, and floating. This level is designed for children 5-12.

#### **Learn to Swim Level Two**

Level Two gives participants success with fundamental skills. Skills taught in this level include front and back glides, treading water and using arms and legs on front and back. This level is designed for children ages 5-12.

#### **Learn to Swim Level Three**

Level Three builds on skills with practice in deeper water. Skills taught in this level include survival float, front crawl, backstroke, dolphin kick and scissor kick. This level is designed for children 5-12.

#### November & December 2015

#### **Bay Oaks Hours of Operation**

Sunday: Closed

Monday: 7:45am-9pm

Tuesday: 7:45am-9pm

Wednesday: 7:45am-9pm

Thursday: 7:45am-9pm

Friday: 7:45am-9pm

Saturday: 10am-9pm

#### **Beach Pool Hours of Operation**

Sunday: 12pm-6pm

Monday: 10am-6pm

Tuesday: Closed

Wednesday: 10am-6pm

Thursday: Closed

Friday: 10am-6pm

Saturday: 10am-6pm

\*Pool will be closed during the month of December.

www.BayOaksRec.org

Town of Fort Myers Beach 2523 Estero Blvd. Fort Myers Beach, FL 33931 239-765-0202 Fort Myers Beach Community Pool 2600 Oak St. Fort Myers Beach, FL 33931 239-463-5759 Bay Oaks Recreation Center 2731 Oaks St. Fort Myers Beach, FL 33931 239-765-4222